



Indiana Participant Data



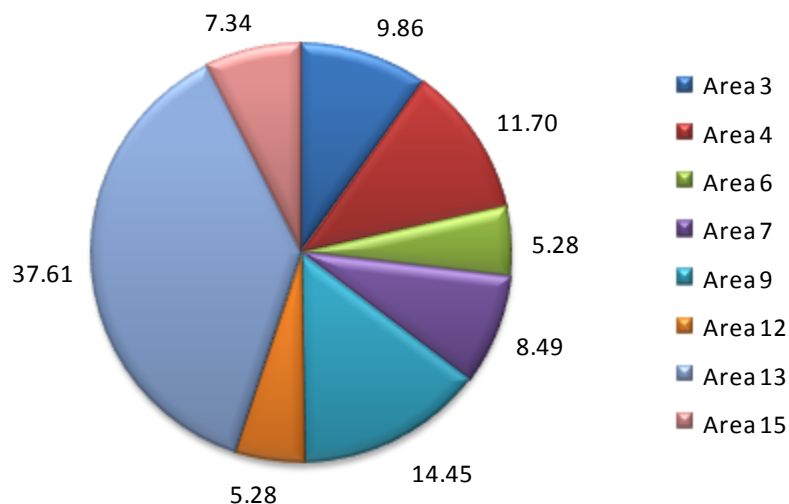
Prepared For:
**Indiana Area Agencies on Aging (AAAs) &
Indiana Association of Area Agencies on Aging (IAAAA)**

Prepared By:
**Indiana State Department of Health -
Diabetes Prevention & Control Program**

Data Date Range:
February 2007—May 2010

Demographic Data

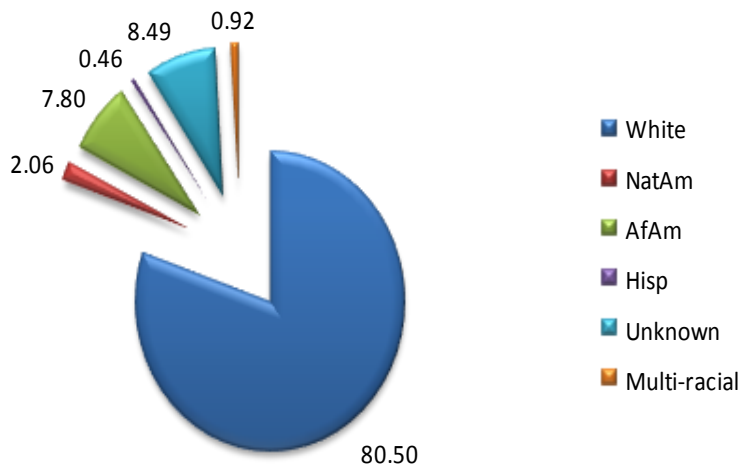
Data Representation by AAA



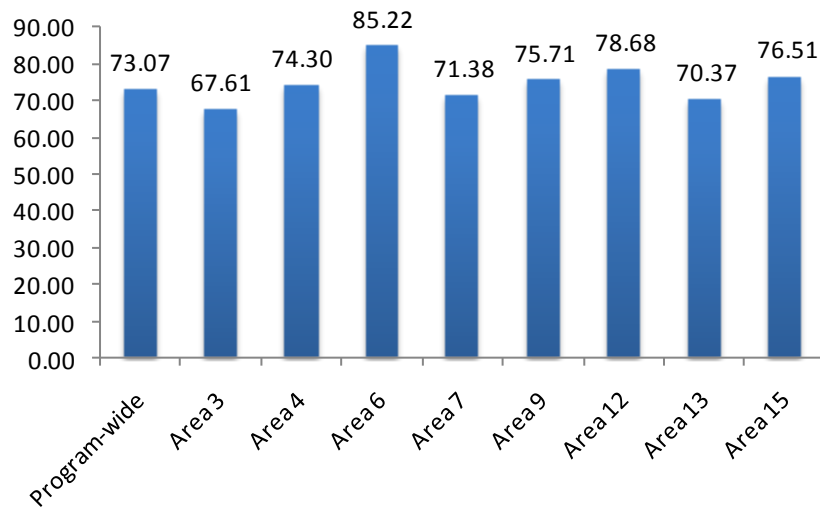
Total Participant Number: 436

Gender Distribution: 89% Female; 11% Male

Data Representation by Ethnicity/Race

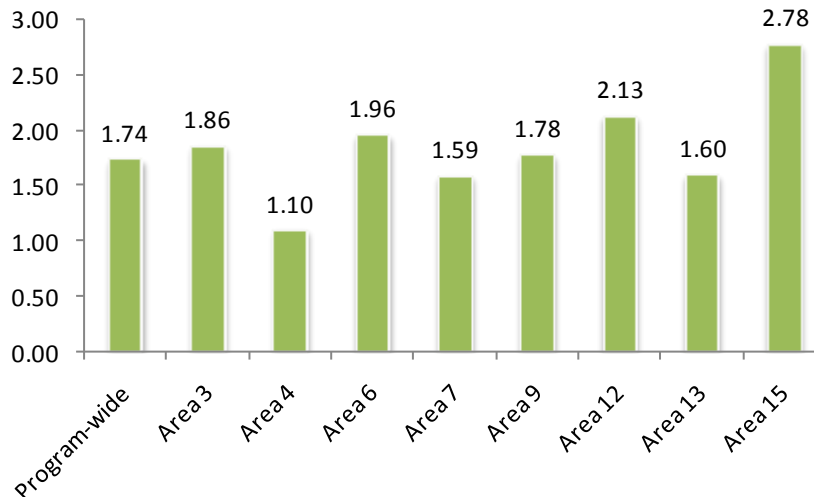


Average Age by AAA



Age Range: 30-97 years-of-age

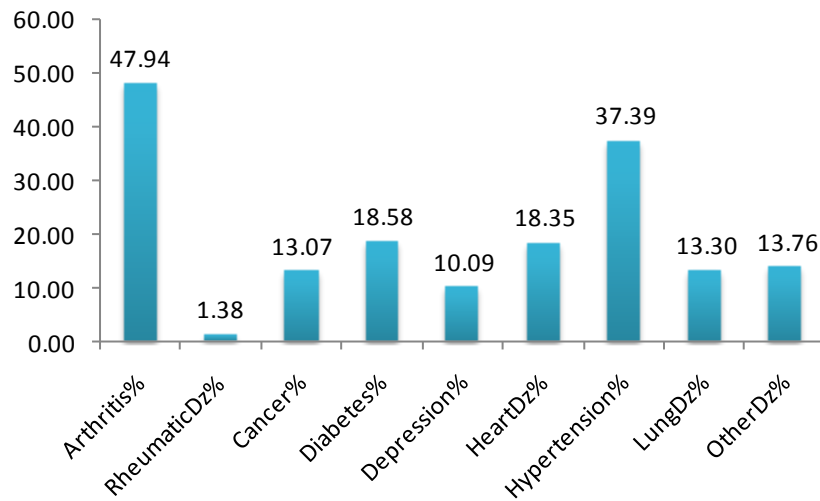
Average Number of Chronic Conditions by AAA



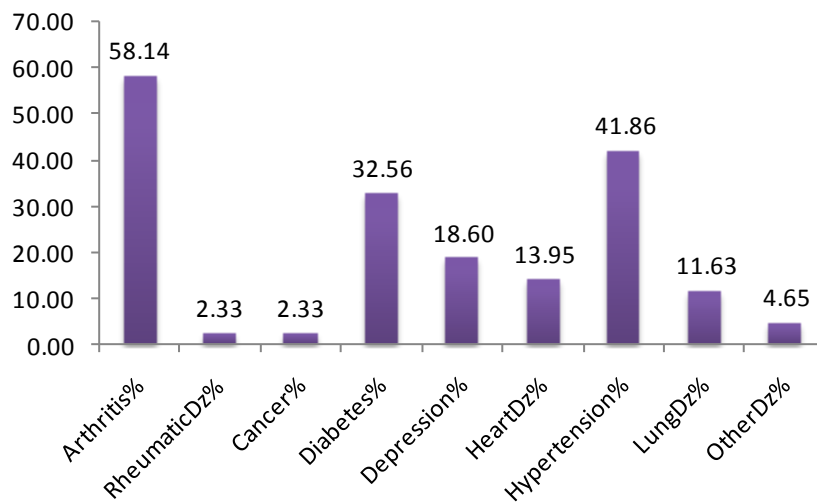
Chronic Conditions Include:

Arthritis, Rheumatic Disease, Cancer, Diabetes, Heart Disease, Hypertension, Lung Disease, or Other

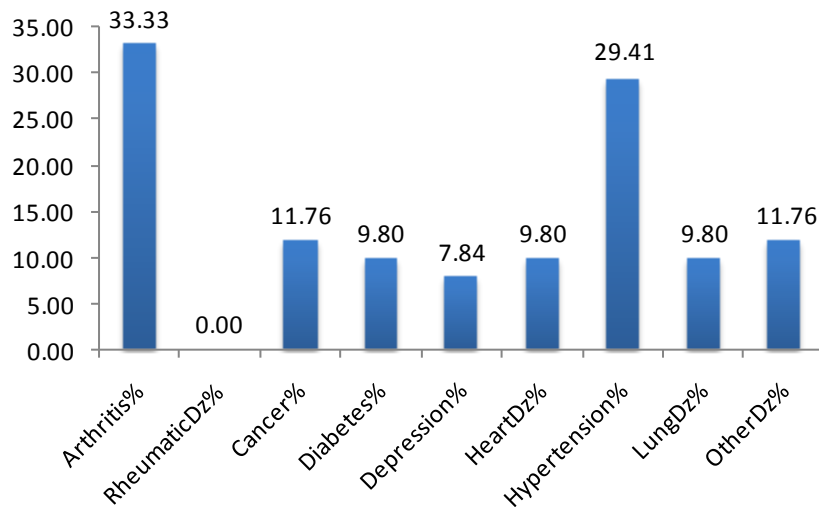
Chronic Disease Prevalence: Program Wide



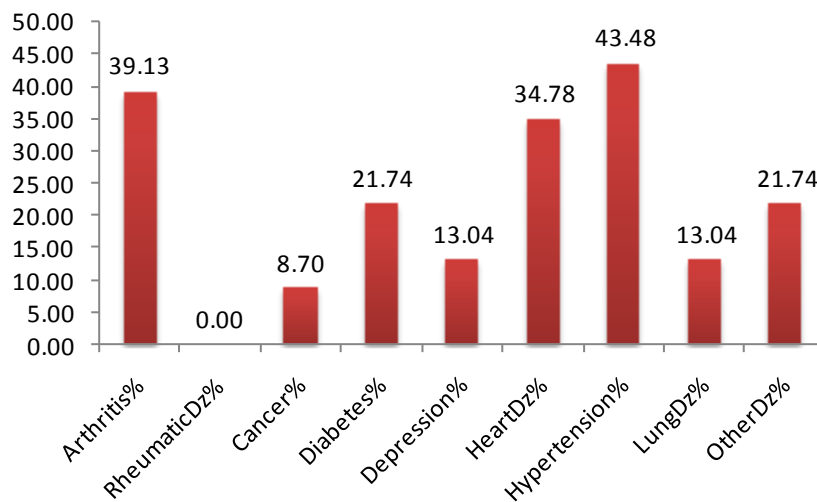
Chronic Disease Prevalence: Area 3



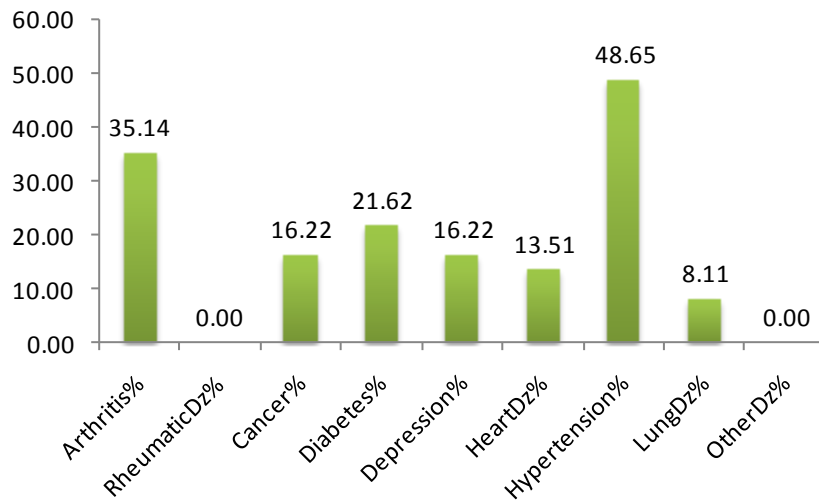
Chronic Disease Prevalence: Area 4



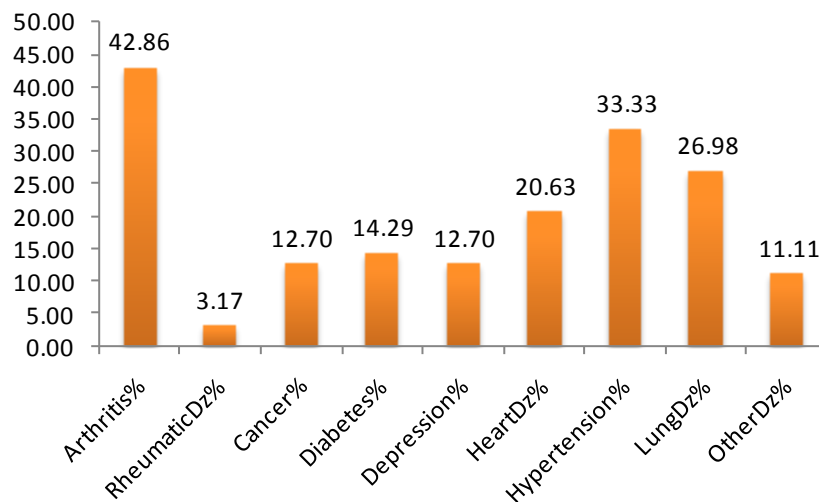
Chronic Disease Prevalence: Area 6



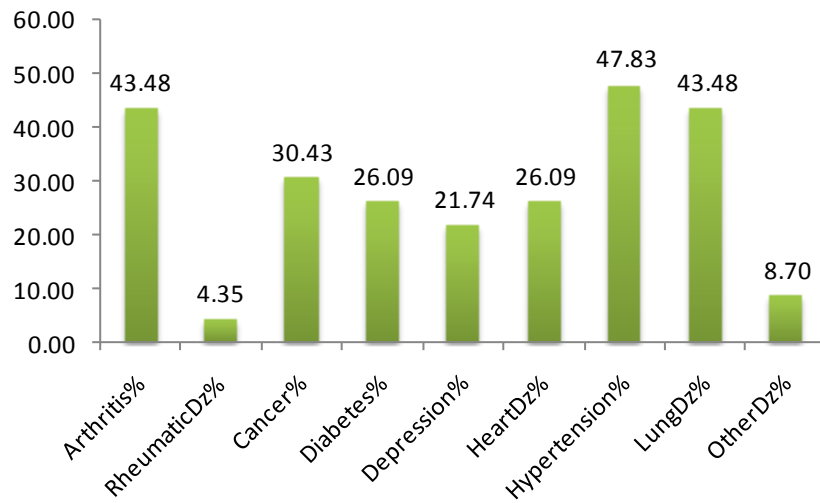
Chronic Disease Prevalence: Area 7



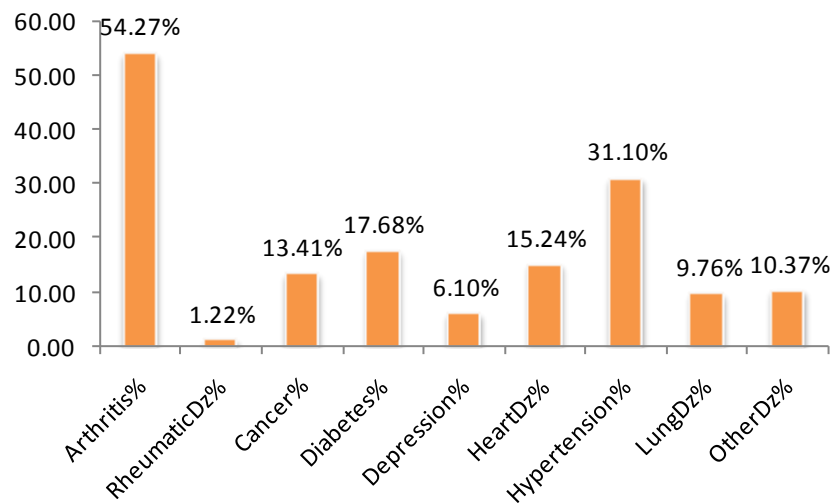
Chronic Disease Prevalence: Area 9



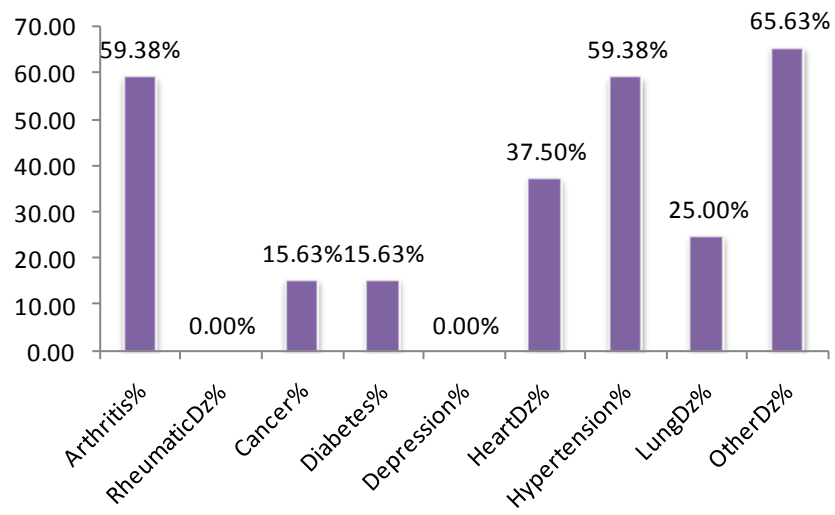
Chronic Disease Prevalence: Area 12



Chronic Disease Prevalence: Area 13



Chronic Disease Prevalence: Area 15



Aggregate Outcome Data

Section 1

Baseline Average Scores: Indiana Compared to All U.S. EF Sites

	All IN EF Sites	All U.S. EF Sites	Result
# of Tests	55	2235	
Up & Go (time in seconds)	7.8	8.6	Consistent with National Outcomes
Chair Stand (# stands)	12.3	12.5	Consistent with National Outcomes
Arm Curls (# reps)	17.6	16.9	Consistent with National Outcomes
Age	72.0	74.4	

Note: Baseline may include tests without follow-up.

Section 2

Baseline Average Scores Compared to Follow-up Scores: Indiana ONLY

	# of Tests	Baseline Avg	Follow-up Avg	Result
Up and Go (sec)	54	7.8	7.2	Improved
Chair Stand (# stands)	54	12.3	13.3	Improved
Arm Curls (# reps)	55	17.6	18.3	No Significant Change

Baseline Average Scores Compared to Follow-up Scores: All U.S. EF Sites

	# of Tests	Baseline Avg	Follow-up Avg	Result
Up and Go (sec)	2198	8.6	8.2	Improved
Chair Stand (# stands)	2177	12.5	13.8	Improved
Arm Curls (# reps)	2209	16.9	18.3	Improved

Note: Specific site outcomes are not available because of the small number of participants at sites, resulting in comparisons between sites not being statistically meaningful.

Outcome Data Notes:

- Section 1 (page 9) - data indicates that the participants from the Indiana sites have comparable baseline physical capabilities with participants from around the country.
- Section 2 (page 9) - data compared Indiana individuals at baseline and at their subsequent 4-month follow-up. In the case of both the "Up and Go" and "Chair Stand" activity, the outcomes demonstrated an improvement which was statistically significant. This means that the change which was measured, in this case quicker "Up and Go" times and more "Chair Stands", represents actual improvements and not random chance. While the average number of arm curls completed by Indiana participants did demonstrate an increase from baseline, the value was not statistically significant. This means that given the number of participants with follow-up scores and the level of arm curl increase, random chance cannot be excluded as an explanation for the improvement.

Please note that as the program progresses and more participants have time to benefit from the intervention, these values will evolve. Measures are designed to capture participants fitness levels. Research studies show that EnhanceFitness helps participants maintain or improve their level of function.